

Become a Member Now...
To Enjoy These Program and More!






McDowell 50+ Center - Winter Session

645-3176 (January 3rd - March 18th)



Something for
everyone...naturally.!
www.columbusrecreation.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-4:30 Fitness Room \$10 Monthly Membership 9:00 Stained Glass 9:30 Beading 9:00 Bowling Sign up w/Tony for lessons 10:00 Mosaics w/Lisa 10:00 P.A.C.E. Exercise People W/Arthritis Can Exercise 11:30-12:30 Canteen 12:30 Cards, Pinochle 12:30 Circuit Training For Fitness Room Members 1:30 Chair Volleyball 1:30 Fun With Food \$10 6 weeks- Soup n' Crackers 1:30 Computer Basics No exp. Necessary 7:00-9:30 p.m. \$5 Evening Big Band Dances 3 rd Monday each month	8:00-4:30 Fitness Room \$10 Monthly Membership 8:30 Indoor Walking At Big Run Complex 8:45 Volleyball At Big Run Complex 9:00 Outdoor Walking Meet in Center Lobby 9:00 Service Circle 9:00 Ceramics – Poured 10:30 Basic Computer 11:30-12:30 Canteen 12:00 Body Movement 12:30 Cards, Euchre 1:00-2:30 Chorus 1:00 Sewing  Special Events, Programs and Trips are listed in the monthly newsletter and on the lobby bulletin board.	8:00-4:30 Fitness Room \$10 Monthly Membership 9:00 Woodcarving 9:00 Ceramics-Sculpture 9:30 Shuffleboard 10:00 Clogging Practice 10:00 P.A.C.E. Exercise People W/Arthritis Can Exercise 10:00 Creative Stitchery 11:30 Exercise Ball Class 11:30-12:30 Canteen 12:30 Craft Workshops Variety of Projects Check w/Linda 12:30 Book Club Last Wed. each month 12:30 Cards, Pinochle 2:30 Square Dance (2 nd & 4 th Wednesday) 3:00 Line Dancing	8:00-4:30 Fitness Room \$10 Monthly Membership 8:30 Indoor Walking At Big Run Complex 8:45 Volleyball At Big Run Complex 9:00 Porcelain 9:00 Stained Glass 10:00 Quilting 11:30 –12:30 Canteen  12:00 Body Movement 1:00 Chair Volleyball 1:30 Bingo 2 nd Thursday each month \$1 worth of non-perishables	8:00-4:30 Fitness Room \$10 Monthly Membership 9:00 Painting water/oil 10:00 Creative Writing 11:30-12:30 Canteen 12:30 Cards, Pinochle 12:30 French Conversation Class 1:30-3:00 Drawing 1:30 Golf Clinics Various Locations (No class 1 st Fridays) <div>  Interest Groups Are Forming In: *Photography *Knit/Crochet Sign up at the Office </div>
				McDowell Membership Info \$15 Annual Membership Valid through 8-31-2005

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